I claim:

- A device for selectively positioning members relative to one another comprising;
 - a) a mounting member, said mounting member defining a slot and an elliptical channel;
 - a strut member, said strut member movably disposed within said mounting member; and
 - c) a means to retain said strut member, said retaining means comprising:
 - a stud, said stud attached to said strut member, said stud being slidably disposed within said slot and a tubular guide, said guide disposed within said channel.
- 2. The positioning device of claim 1 wherein said retaining means extends into said slot and moves between two extreme positions therewithin.
- 3. The positioning device of claim 1 wherein said strut defines a cavity, a resilient member, said resilient member contained within said cavity.
- 4. The positioning device of claim 3 wherein said resilient member is in frictional contact with said mounting member.

- 5. The positioning device of claim 3 wherein said resilient member is a polymeric tube.
- 6. The positioning device of claim 1 wherein said mounting member is formed by extrusion.
- 7. The positioning device of claim 1 wherein said strut member is L-shaped.
- 8. The positioning device of claim 1 further comprises mounting flanges, said mounting flanges attached to said mounting member.
- 9. The positioning device of claim 1 wherein said mounting flanges define slots.
- 10. The positioning device of claim 1 further comprising means for engaging said strut member, said engaging means comprising:
 - a) a plurality of channels longitudinally disposed within said mounting member;
 - b) a plurality of guides, said guides disposed within said channels; and
 - c) means for securing said guides within said channels, said securing means attached to said mounting member.

- 11. The positioning device of claim 10 wherein said guides comprise polymeric tubes.
- 12. The positioning device of claim 10 wherein said channels each provide a cavity surrounding said guides.
- 13. The positioning device of claim 1 wherein said mounting member is a chair seat.
- 14. The positioning device of claim 12 wherein said securing means are integrally formed on the ends of said guides.
- 15. A device for positioning members relative to one another comprising:
 - a) a mounting member, said mounting member defining an elliptical channel;
 - b) a strut member, said strut member being movably disposed within said mounting member;
 - c) means to retain said strut member, said retaining means for limiting displacement of said strut member relative to said mounting member, said retaining means comprising:
 - a stud, said stud being fixedly attached to said strut member, said stud being slidably disposed relative

to said slot in said mounting member; and

- d) a means to selectively adjust the position of said strut member relative said mounting member, said mounting member defining a slot, and a plurality of notches and teeth along one side of said slot, a flexible stud, said flexible stud affixed to said strut for selective engagement within said notches.
- 16. The positioning device of claim 16 wherein said flexible stud defines a cavity.